

# TYPES OF RUNS



## 1. RECOVERY RUN

4 miles  
Easy pace  
Relatively short length  
Add mileage to a runner's training  
Do not take away from harder performance



## 2. BASE RUN

6 miles  
Runner's natural pace  
Short to moderate length  
Big improvements in aerobic capacity and endurance  
Heightened running economy



## 3. LONG RUN

15 miles  
Base run that last longer  
Runner is left moderately fatigued  
Increases raw endurance  
Duration depends on runner



## 4. PROGRESSION RUN

5 miles at natural pace + 1 mile at marathon pace + 1 mile at half-marathon pace  
Begins at natural pace  
Ends at anywhere from marathon to 10K pace  
Moderately challenging



## 5. FARTLEK

6 miles at natural pace + 10 x 1:00 pickups at 5K pace +  
1:00 recoveries mid-run  
Base run which mixes in intervals of varying distance/duration  
Method of developing efficiency & fatigue resistance at faster speeds



## 6. HILL REPEATS

2 miles of easy jogging + 10 x 45-second hill repeats at a hard effort +  
2-minute jogging recovery between reps + 2 miles easy jogging  
Repeated short segments of hard uphill running  
Increased aerobic power & high-intensity fatigue resistance  
Heightened pain tolerance & run-specific strength  
Introduction to harder high-intensity training



## 7. TEMPO RUN

1 mile of easy jogging + 4 miles at lactate threshold +  
1 mile of easy jogging  
Sustained effort at lactate threshold intensity  
Increased speed you can sustain for a long period  
Increased time you can sustain relatively fast pace

# Running Training Fitness Guide

**Liyong Dong**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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